

# Pastry

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Pastry refers to a variety of doughs (often enriched with fat or eggs), as well as the sweet and savoury baked goods made from them. The dough may be accordingly called pastry dough for clarity. Sweetened pastries are often described as baker's confectionery. Common pastry dishes include pies, tarts, quiches, croissants, and turnovers.

The French word *pâtisserie* is also used in English (with or without the accent) for many of the same foods, as well as the set of techniques used to make them. Originally, the French word *pâtisserie* referred to anything, such as a meat pie, made in dough (paste, later *pâte*) and not typically a luxurious or sweet product. This meaning still persisted in the nineteenth century, though by then the term more often referred to the sweet and often ornate confections...

## Shortcrust pastry

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Shortcrust is a type of pastry often used for the base of a tart, quiche, pie, or (in the British English sense) flan. Shortcrust pastry can be used to make both sweet and savory pies such as apple pie, quiche, lemon meringue or chicken pie.

A sweetened version – using butter – is used in making spritz cookies.

Shortcrust pastry recipes usually call for twice as much flour as fat by weight. Fat (as lard, shortening, butter or traditional margarine) is rubbed into plain flour to create a loose mixture that is then bound using a small amount of ice water, rolled out, then shaped and placed to create the top or bottom of a pie. Often, equal amounts of butter and lard are used to make the pastry, ensuring that the combined weight of the two fat products is still half that of the flour. The butter...

## Choux pastry

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Instead of a raising agent, choux pastry employs its high moisture content to create steam, as the water in the dough evaporates when baked, puffing the pastry. The pastry is used in many European cuisines, including French and Spanish, and can be used to make many pastries such as eclairs, Paris-Brest, cream puffs, profiteroles, crullers, beignets, churros and funnel cakes.

## Pastry chef

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A pastry chef or pâtissier (pronounced [pʔ.ti.sje]; feminine pâtissière, pronounced [pʔ.ti.sjʔʔ]) is a station chef in a professional kitchen, skilled in the making of pastries, desserts, breads and other baked goods. They are employed in large hotels, bistros, restaurants, bakeries, by caterers, and some cafés.

### Pastry blender

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A pastry blender, or pastry cutter, is a device used to mix a hard (solid) fat into flour in order to make pastries. The tool is usually made of narrow metal strips or wires attached to a handle, and is used by pressing down on the items to be mixed (known as "cutting in"). It is also used to break these fats (shortening, butter, lard) into smaller pieces. The blending of fat into flour at this stage impacts the amount of water that will be needed to bind the pastry into a dough.

### Danish pastry

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A Danish pastry (sometimes shortened to danish; Danish: wienerbrød [ʔvi?nʔʔpʔæðʔ], lit. 'Viennese bread') is a multilayered, laminated sweet Viennoiserie. Like other Viennoiserie, such as croissants, it is neither a bread nor a pastry, as it uses yeast-leavened dough, that is laminated like puff pastry to create a layered texture.

It is thought that some bakery techniques were brought to Denmark by Austrian bakers, and originated the name of this product. The Danish recipe is however different from the Viennese one and has since developed into a Danish specialty. The origin of the product itself is also not clear.

Danish pastries were brought with immigrants to the United States, where they are often topped with a fruit or cream cheese filling, and are now popular around the world.

### Gustavus Adolphus pastry

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Gustavus Adolphus pastry (Swedish: Gustav Adolfsbakelse) is a pastry traditionally eaten every 6 November in Sweden, Gustavus Adolphus Day, the death day of King Gustavus Adolphus. It is especially popular in Gothenburg, a city founded by the king.

The pastry was created around 1900. Candy with the image of the king was sold by a konditorei in Gothenburg since the 1850s. The earliest mention of a pastry is from the Western parts of Sweden during the 1890s, where the pastry probably was created around the festivities when a statue of the king was erected in Gothenburg on a square, that since then is known as Gustaf Adolfs torg ("Gustavus Adolphus Square"). One Gothenburg bakery, Bräutigams, claims to have created it in the early 20th century, with the years 1905 or 1909 mentioned.

### Recipes for...

#### Ox-tongue pastry

*Ox-tongue pastry (Chinese: 牛舌包; pinyin: niúshǔ bāo; Jyutping: ngau4 lei6 sou1) or horse-ear pastry (Chinese: 马蹄包; pinyin: mǎtí bāo), is a Chinese pastry that is*

Ox-tongue pastry (Chinese: 牛舌包; pinyin: niúshǔ bāo; Jyutping: ngau4 lei6 sou1) or horse-ear pastry (Chinese: 马蹄包; pinyin: mǎtí bāo), is a Chinese pastry that is popular in south China in the provinces of Guangdong and Fujian. It is a fried dough food that is elliptical in shape and resembles an ox tongue or a horse ear. The pastry texture is chewy, with a soft interior and a crunchy crust. Ox-tongue pastry is lightly sweetened, and eaten as part of breakfast with soy milk. The pastry is made in a similar way as Youtiao, with sugar typically added to the flour.

### Pastry heart

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A pastry heart is a regional dessert item found in the Western New York area, with Buffalo credited as the place where it was first created.

The pastry heart is a heart-shaped flaky puff pastry, similar to a palmier, that is usually topped with a white sugar icing that has a hard shell but is soft on the inside.

### Toaster pastry

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A toaster pastry is a type of bakers' confection. They are thin rectangles often made of rice bran, molasses, flour, syrup, and shortening, which on one side usually has a coating of icing that has been dried with starch. They contain sweet, syrupy fillings, often fruit preserves or other flavoring ingredients such as chocolate or cinnamon. As the name suggests, toaster pastries are often heated in a toaster or oven. They are already fully cooked however, and may be eaten unheated as well.

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